



ASSORTED JUICES

ORANGE, CRANBERRY, APPLE, GRAPEFRUIT

DAIRY

WHOLE MILK, SKIM MILK, SOY OR ALMOND MILK

FRUITS

WHOLE FRUIT SELECTION, 2 TYPES OF SLICED FRUIT, 1 BERRY IF AVAILABLE, STEWED FRUITS & FRUIT SALAD, DRIED FRUITS

YOGURTS

PLAIN YOGURT, FRUIT YOGURT, LOW FAT YOGURT

FIVE CONDIMENTS: RAISINS, PIE FILLING, FLAX SEED, SLICED ALMONDS, GRANOLA

CEREALS

SELECTION OF 4 CEREALS, 1 MUST BE GLUTEN FREE, BIRCHER MUESLI, BOWL OF DRY OATMEAL
HOT OATMEAL WITH CONDIMENTS

MEAT & CHEESE

DAILY SELECTION OF 2 COLD CUTS, DAILY SELECTION OF 2 CHEESE

FISH

SMOKED SALMON/CONDIMENTS, HERRING IN CREAM

BAKERY

SELECTION OF FRESHLY BAKED ROLLS, WHITE OR WHEAT BREADS, ENGLISH MUFFINS, BAGELS,
TOAST, CROISSANTS

GLUTEN FREE BREAD AVAILABLE ON REQUEST

MUFFINS & DANISH

BLUEBERRY MUFFINS, APRICOT CRESCENT, BANANA BREAD

HOT BUFFET ITEMS

LINK SAUSAGE, HASH BROWNS, GRILLED TOMATO, SCRAMBLED EGGS, APPLEWOOD SMOKED BACON,
BAKED BEANS

VEGAN SAUSAGE & BACON AVAILABLE ON REQUEST

OMELETS & EGGS

OMELETS

PLAN, HAM, MUSHROOM, CHEDDAR CHEESE, CAPSICUM, TOMATOES, SPINACH, GREEN ONION,
SAUSAGE, SMOKED SALMON OR GOAT CHEESE

EGGS

SCRAMBLED EGGS, FRIED EGGS, POACHED OR BOILED

BREAKFAST SIDE DISHES

HASH BROWNS, LINK SAUSAGES, APPLEWOOD SMOKED BACON, CORNED BEEF HASH

DAILY SWEET & SAVORY SPECIALS

FRIED EGG MONTE CRISTO

BLUEBERRY PANCAKES

DINING ROOM CONDIMENTS

REGULAR BUTTER, 2 MARMALADES, NUTELLA, PEANUT BUTTER, HONEY

GF - Gluten Free, DF - Dairy Free, VG - Vegetarian

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs
may increase your risk of food borne illness, especially if you have certain medical conditions



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HOT OATMEAL WITH CONDIMENTS

MEAT & CHEESE

DAILY SELECTION OF 2 COLD CUTS, DAILY SELECTION OF 2 CHEESE

FISH

WHITEFISH, ROLL MOPS

BAKERY

SELECTION OF FRESHLY BAKED ROLLS, WHITE OR WHEAT BREADS, ENGLISH MUFFINS, BAGELS,
TOAST, CROISSANTS

GLUTEN FREE BREAD AVAILABLE ON REQUEST

MUFFINS & DANISH

CHOCOLATE MUFFINS, PINEAPPLE DANISH, LEMON CURD DANISH

HOT BUFFET ITEMS

COUNTRY SAUSAGE PATTIES, O'BRIAN POTATOES, SAUTEED MUSHROOMS, SCRAMBLED EGGS,
APPLEWOOD SMOKED BACON, BAKED BEANS

VEGAN SAUSAGE & BACON AVAILABLE ON REQUEST

OMELETS & EGGS

OMELETS

PLAN, HAM, MUSHROOM, CHEDDAR CHEESE, CAPSICUM, TOMATOES, SPINACH, GREEN ONION,
SAUSAGE, SMOKED SALMON OR GOAT CHEESE

EGGS

SCRAMBLED EGGS, FRIED EGGS, POACHED OR BOILED

BREAKFAST SIDE DISHES

HASH BROWNS, LINK SAUSAGES, APPLEWOOD SMOKED BACON, CORNED BEEF HASH

DAILY SWEET & SAVORY SPECIALS

BREAKFAST TACO'S

BELGIAN WAFFLE

DINING ROOM CONDIMENTS

REGULAR BUTTER, 2 MARMALADES, NUTELLA, PEANUT BUTTER, HONEY

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HOT OATMEAL WITH CONDIMENTS

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FISH

GRAVED LAX, MATJES HERRING

BAKERY

SELECTION OF FRESHLY BAKED ROLLS, WHITE OR WHEAT BREADS, ENGLISH MUFFINS, BAGELS,
TOAST, CROISSANTS

GLUTEN FREE BREAD AVAILABLE ON REQUEST

MUFFINS & DANISH

CINNAMON STREUSEL MUFFINS, CINNAMON RAISIN PINWHEEL, APPLE - TOFFEE TURNOVERS

HOT BUFFET ITEMS

TURKEY SAUSAGES, POTATOES & ONIONS, GRILLED ASPARAGUS, SCRAMBLED EGGS, APPLEWOOD
SMOKED BACON, BOSTON BAKED BEANS

VEGAN SAUSAGE & BACON AVAILABLE ON REQUEST

OMELETS & EGGS

OMELETS

PLAN, HAM, MUSHROOM, CHEDDAR CHEESE, CAPSICUM, TOMATOES, SPINACH, GREEN ONION,
SAUSAGE, SMOKED SALMON OR GOAT CHEESE

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SCRAMBLED EGGS, FRIED EGGS, POACHED OR BOILED

BREAKFAST SIDE DISHES

HASH BROWNS, LINK SAUSAGES, APPLEWOOD SMOKED BACON, CORNED BEEF HASH

DAILY SWEET & SAVORY SPECIALS

SMOKED SALMON BENEDICT

APPLE AND RAISIN FLAPP JACKS

DINING ROOM CONDIMENTS

REGULAR BUTTER, 2 MARMALADES, NUTELLA, PEANUT BUTTER, HONEY

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